

# Directions for Washing Hands

## HOW

-  **Wet hands with warm running water**
-  **Place soap into palms**
-  **Rub together to make a lather**
-  **Scrub hands vigorously for 20 seconds**
-  **Rinse soap off hands**
-  **Dry hands with disposable paper towels, not on clothing**



## WHEN

**After going to the toilet** 

**Upon exiting animal areas** 

**Before eating** 

**Before preparing foods** 

**After removing soiled clothes and shoes** 

